



Youth Mental Health FIRST AID

A FREE, 8-Hour Certification Course designed to help adults support youth who may be in crisis or experiencing a mental health challenge.



The Grafton Community Leaders Forum and St. Andrews Episcopal Church are hosting a FREE certification training in Youth Mental Health First Aid.

St. Andrews Episcopal Church
53 N. Main Street, Grafton, MA

**Thursday, March 31st, 9:30AM-1:30PM &
Thursday, April 7th, 9:30AM-1:30PM**

To register for this training, please visit

<http://www.syfs-ma.org/training> or use the QR Code below.

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to support adolescents (age 12-18) who may be experiencing a mental health or addictions challenge.

The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders. As certified YMH First Aiders, adults will possess a strong awareness of the mental health challenges facing youth in our community and greater confidence in their ability to approach and assist young people.



For questions in regard to this training or YMHFA, please contact:

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www.syfs-ma.org

